

Muscle fiber type IIb also called IIx

Fast twitch

Are recruited for very short duration and high intensity bursts of power

You can get an increase in this type of muscle fiber by doing very short and short duration exercises at high intensity.

examples are:

10 to 30 metres sprints (although 60-100 will also produce these fibers)

1-3 3-6 reps rocket jumps

olympic weightlifting

-I'd advice doing power hang cleans and power hang snatches

During the whole exercise you never go below a half squat-90 degree squat,
normally even not below around a 45 degree squat

-Jerks

-1 to 3 reps squat or bench press

-Throwing (not to many throws and the right intervals)

Note that a discus throw or shot put throw technique time normally does not exceed 2 to 3 seconds.
And that the actual throw from the powerstance is done as explosive as possible.